

Forget About the (Piano) Bench

BINGO

Play your piece with opposite hands	Do a different move for each type of note for ONE section of your piece.	Patty Cake: Each type of note gets different action (pat leg, clap, snap, hands together).	Paper plate tempo: Put the paper plate on your foot. Drop your leg for the 1st beat in each measure. Raise it during the measure.	Stand on your left foot only
Metric Dance ... Choose an action for the 1st beat & another for the rest of the beats.	Floss (dance) to the tempo of your piece	Stand on your right foot only	Pitch Head, Shoulders, Knees & Toes ... reach up high for high notes, touch your toes for low	March in place while you play
Jump jump ... to the tempo of your piece	Kangaroo dynamics: Jump up & crouch low for each of the dynamic markings.	Free	Stand on your tiptoes as you play	Jumpy articulation ... pick an action for each articulation. As you hear the song, do the action.
Scarf Dance: Show the articulation (smooth, bouncy, etc.) of the piece.	Sit while playing ... without the bench	Do the Wave to the tempo to one piece. Bonus points if you can get your family to do this with you!	Make a cups rhythm. Give different types of notes their own actions.	Metric Drumming: Find a "drum" in the house. Make a different sound for the 1st beat vs. the rest of the beats.
Play upside down ... Lie on the bench & reach above you to the keys	Stomp your foot at the beginning of each phrase. Bonus points if you can do this at the start of each measure.	Hula dance to a steady pulse	Put your hand in the air anytime it isn't playing a note	Chord Alphabet ... make the alphabet as the chords play in a piece.

Reminders:

- Each activity applies to the WHOLE song unless otherwise stated.
- When you play, you are still expected to play with the same care as if you were sitting at the bench. Dynamics, articulation, steady tempo ... I'm looking for it ALL.
- If you have to do an action away from the piano, use a recording of your piece (either you or someone else).